



8 Week Training Program

Please Check Which Camp You Are Attending

Basic Training Camp

Rotates Positions Each Week And Covers The Following

- Wide Receiver/Defensive Back
- Offensive/Defensive Line
- Running Back/Linebacker

Sundays, January 17-March 7

- _____ Ages 7-9 @ 2:00pm—3:00pm
- _____ Ages 10-12 @ 1:00pm—2:00pm

Quarterback Training Camp

Fundamental Training With Focus On The Following

Throwing mechanics from the pocket and on the run. Pocket mechanics, how to effectively move within the pocket. Analyzing coverage.

Sundays, January 17—March 7

- _____ Ages 7-9 @ 1:00pm—2:00pm
- _____ Ages 10-12 @ 2:00pm—3:00pm

Program Cost \$200.00

Space Is Limited To First 8 Per Class Who Register, Full Payment Due At Registration
Missed Sessions Are Non-Refundable, No Refunded Cancellation After 1/1/10

Quarterback Training Camp Will be instructed by former NIU Huskie and 2 time team captain, Dan Nicholson. In just 17 career starts and 27 games, ranks seventh on the NIU Huskies' career list for passing yards (3,559), is fourth in pass completions (312) and eighth in pass attempts (527). His .592 career completion percentage is third-best in NIU history and he is ninth in touchdown passes (23). Also ranks on the career charts for per game averages for passing yards, pass attempts and completions. Owns two of the longest pass completions in school history - of 92 and 79 yards. **Basic Training Camp** Will be headed up by Tommy Koutsos, former All-American and Southern Illinois University's All Time Leading Rusher and Scorer. Koutsos was assistant coach at Scottsdale Community College, 2008 and assistant coach at Division 1 Nicholls State, 2007.

Players Name _____ Age _____
 School _____ Grade _____
 Parent's Name _____ E-Mail Address _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ Emergency Phone _____
 Alternate Contact _____ Alternate Contact Phone _____
 Medical Information (Please list any medications, allergies, prescriptions)

Make Checks Payable To Velocity Sports Performance OR Provide Credit Card Information Below.

Credit Card Type: MC VISA DISC AMER EXP Credit Card # _____
 Expiration Date _____ CW Code (three #'s on back) _____

Parent's Signature _____ **Date** _____

By signing this registration form you acknowledge that you will hold Velocity Sports Performance harmless from any and all claims, cause of action, damages, judgments, cost of expenses, including attorney fees, which may arise from participants use of our presence upon the Facilities, including without limitation the negligence if any of Velocity Sports Performance (including its successors, assigns subsidiaries franchisees, affiliates, officers, directors, employees and agents)

